

Community Education Swim Program Fall 2011 and Winter 2012

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Community Education Swim Program

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Visit our website at www.lfhs.org
Under Community Programs

General Information

GENERAL AQUATICS INFORMATION

Location:

Lake Forest High School
1285 N. McKinley Road
Lake Forest, IL 60045

General Contact Information:

Aquatic Center Info: 847-582-7356
Pool Deck: 847-234-7261
Aquatic Center Mgr: 847-582-7323
Aquatic Center Fax: 847-582-7757

Community Education Swim Programs/Private Lesson Inquiries:

Linda S. Wimmer Koepke: (847) 582-7323, LKoepke@lfschools.net

Scout Aquatics Swim Club Inquiries:

Carolyn Grevers: (847) 582-7339, cgrevers@yahoo.com

Parking: Available in the north lot in front of the pool (enter off McKinley Rd.). Check with parking attendants on school days; they will direct you to a space. Cars blocking fire lanes will be towed at the owner's expense.

Courses/Instructors: The LFHS Community Education Swim Lesson Program uses American Red Cross "Learn to Swim" programs. These programs teach individuals how to swim and emphasize personal aquatic safety, basic rescue techniques and lifetime aquatic skills for fun and fitness. All of our Lead teachers are certified Water Safety Instructors and the assistants are trained adults or high school students (many hold the ARC WSI certification). Our class enrollment range is a minimum of 4 to a maximum of 12 students. We strive for a student/teacher ratio of 4:1. Because safety and sufficient instruction are our main objectives, the number of instructors available along with pool space constraints will determine class sizes. It is possible that some classes may be canceled and others created to accommodate needs.

Pool Closing Notice: Occasionally the pool may be closed or a program's start time delayed due to school activities or other unforeseen circumstances. Every attempt will be made to provide you with advance notice of any changes. Notices are posted on the hall bulletin board, the locker rooms, and at the sign-in table on deck. In addition, notices are available on the Aquatic Center Information line at 847-582-7356 and on-line at www.lfhs.org/athletics/aquatic_center/pool_closings.html.

Photographs: Occasionally photographs of individuals or groups enrolled in Community Education classes are used for promotional purposes. If you have any objection to having your photo taken or used for that purpose, please let us know in writing.

Special Note: Lake Forest High School does not necessarily endorse or warrant the content of the courses or the views, philosophies, or recommendations of the instructors. In addition, Lake Forest High School is not responsible for the suitability or advisability of any participant's course selections.

REGISTRATION INFORMATION

Registration Payment Options:

- **By check payable to LFHS**
Mailed to LFHS, attention Linda Koepke
Walk in at LFHS Athletic or Pool Offices
- **By cash**
Walk in at LFHS Athletic or Pool Offices
- **By credit card On-Line ONLY at www.lfhs.org**
Select the "Pay Fees Online" option from the Home Page. (Visa and Master Card accepted)
- **Phone or faxed registrations are not accepted.**

Rates:

- **Resident Rates:**
Apply to Lake Forest, Lake Bluff & Knollwood
- **Senior Citizens:**
Residents 62 years or over qualify for a reduced rate for Swim Pass, and Daily Pool Fees only.

Registration Start Dates:

Saturday Swim School: Fall begins August, 29, 2011
Saturday Swim School: Winter begins December 12, 2011
All other programs: register upon receipt of this brochure.

Enrollment: FIRST COME - FIRST SERVE BASIS

Please use the registration form provided in this brochure (copy as many as needed). Please only register ONE PERSON, FOR ONE CLASS, PER FORM.

Enrollment Confirmation: Submitting your registration is not a confirmation of enrollment. You will either be sent an e-mail or you will receive a phone call to confirm enrollment.

Refund Policy: No refunds will be made on or after the start date of the class. Full refunds are given if a class is cancelled due to low enrollment or if the course you request is already filled. Students who withdraw prior to the start of the class will receive a refund, minus a \$25.00 processing fee.

Class and Program Cancellations:

If weather conditions become severe during the day, please call 847-582-7356 or check the website at www.lfhs.org, click on Community Programs, then Public Swim, then Pool Closings to verify if programs are in session. Classes will be rescheduled whenever possible.

Pool Information

PUBLIC SWIMMING

- ALL patrons must sign-in before entering water; non members are required to pay before swimming.
- The pool is routinely and simultaneously used by LFHS students and community patrons.
- Reservations are needed for groups of more than ten.
- Children under age ten must be accompanied by an adult. A child may be unaccompanied in the water if he/she can swim 20 yards without a flotation device. A skill test may be administered by staff.
- Non swimmers **must** be accompanied in the water by an adult.
- No inflatable toys/flotation devices or water pistols are allowed in pool. Suitable flotation devices are provided upon request.

LAP SWIM SESSIONS

These sessions are for those high school age or older

Monday through Friday 5:30 am - 9:30 am
 Saturday 5:30 am - 8:15 am
 Monday through Thursday 7:30 pm - 9:30 pm

FAMILY SWIM SESSIONS

Lap swimming lanes are available

Friday 7:30 pm - 9:30 pm
 Saturday 6:30 pm - 8:30 pm
 Sunday 1:00 pm - 5:00 pm

ADDITIONAL FAMILY SWIM SESSIONS

Winter Break 2011

Monday - Friday, Dec. 19 — 23 & Dec. 26 — 30 1:00 pm - 3:00 pm

Spring Break 2012

Monday - Friday, March 26 — 30 1:00 pm - 3:00 pm

DAILY FEES / SWIM PASSES

Residents Adults (18—61) \$7
 Children (3—17) & Sr. Citizens (62—older) \$6

Non-Residents Adults \$12
 Children & Sr. Citizens \$11

LFHS Students Free with student ID
 (All guests of pass holders are required to pay the daily fee)

POOL CLOSINGS

The pool will be closed in late July through early August 2012 for maintenance and repair.

ALL DAY	Dates Closed
Sunday	10/30, 12/25, 1/1, 2/19, 2/26, 4/8
Monday	9/5, 5/28
Wednesday	7/4
Thursday	11/24
Friday	2/24
Saturday	8/27, 9/24, 10/29, 2/18, 2/25, 6/2
PM ONLY	Dates Closed
Tuesday	9/13, 9/27, 1/31
Wednesday	11/23
Thursday	9/15, 10/13, 10/20, 1/12, 1/26, 2/23
Friday	9/23, 10/28, 4/6
Saturday	12/3, 12/24, 12/31, 5/19

Monday, April 30, 2012 AM Laps will end at 7am for the LFHS Physics Boat Races.

Swim passes are available for purchase on-line (select "Pay Fees On-line") at lfhs.org or at the pool sign-in desk during operating hours (if paying with check or cash).

10-USE PASS: If you purchased this pass on-line please bring in your printed receipt and the staff will issue the pass for you.

Code	Pass Type	Resident Fee	Non-resident Fee
AQ10U	10-Use Pass	\$60	\$110

ANNUAL SWIM PASS: The initial pay date is the renewal date for the next calendar year.

Code	Pass Type	Resident Fee	Non-resident Fee
AQA-IA	Individual	\$274	\$374
AQA-SA	Senior	\$137	\$237
AQA-FA	Family	\$504	\$604

TRIMESTER PASSES: Fall (AQF) Valid: Sept. 1 — Dec. 31
 Winter (AQW) Valid: Jan. 1—April 30
 Spring (AQS) Valid: May 1—Aug. 31

Code	Pass Type	Resident Fee	Non-resident Fee
AQF-IT	Individual	\$137	\$237
AQF-FT	Family	\$252	\$352
AQW-IT	Individual	\$137	\$237
AQW-FT	Family	\$252	\$352
AQS-IT	Individual	\$122	\$222
AQS-FT	Family	\$222	\$322

1/2TRIMESTER PASSES: Spring (AQS) Valid July 1—Aug. 30
 Fall (AQF) Valid: Nov. 1 — Dec. 31
 Winter (AQW) Valid: March 1 — April 30

Code	Pass Type	Resident Fee	Non-resident Fee
AQS-1/2IT	Individual	\$40	\$90
AQS-1/2FT	Family	\$70	\$120
AQF-1/2IT	Individual	\$70	\$120
AQF-1/2FT	Family	\$128	\$178
AQW-1/2IT	Individual	\$70	\$120
AQW-1/2FT	Family	\$128	\$178

Aquacize

Registration begins upon receipt of catalog

Drop-in Daily Fee: \$15 (daily fees paid are subtracted from the course fee upon registration for the class)

Fall Aquacize

2 days per week

Course Dates: Sept. 7—Dec. 14

Evenings:

Mondays and Wednesdays

Fall: No class Wednesday, November 23

Code	Time	Resident Fee	Non-resident Fee
AQF-PM2	7:30 pm—8:15 pm	\$225	\$275

Winter Aquacize

2 days per week

Course Dates: Jan. 4—March 21

Evenings:

Mondays and Wednesdays

Code	Time	Resident Fee	Non-resident Fee
AQW-PM2	7:30 pm—8:15 pm	\$180	\$230

Spring Aquacize

2 days per week

Course Dates: April 2—May 30

Evenings:

Mondays and Wednesdays

Spring: No class Monday, May 28

Code	Time	Resident Fee	Non-resident Fee
AQS-PM2	7:30 pm—8:15 pm	\$112	\$162

Give the gift of swimming.
Gift certificates are now available
at the Aquatic Center. Speak to a
staff person at the pool during
operating hours for details or
call the Aquatic Center Manager
(847)582-7323.



American Red Cross Health and Safety Courses

Registration begins upon receipt of catalog

American Red Cross Lifeguard Training (10–12 sessions)

Resident Fee: \$386 *
Non-resident Fee: \$436*

Class size:
3–6 participants

* Fee includes book and materials

This course is designed to provide the basic skills of the American Red Cross Lifeguarding/Waterfront course. Upon successful completion, participants may earn the following certifications: Lifeguard Training/Waterfront Lifeguarding/First Aid, CPR for the Professional Rescuer/AED. A lunch break is included each day of class. **Participants must be at least 15 years of age (bring proof of age to first class session); be prepared to swim during each class and they must attend all sessions.**

Code	Date	Time
AQW-151	Sunday, Dec. 18 - Friday, Dec. 23	9am–6pm Daily
AQS-152	Sunday, March 25 - Friday, March 30	9am–6pm Daily
AQX-153	Sunday, June 3 - Saturday, June 9 No class Mon. June 4	9am–6pm Daily

A prerequisite skill assessment will be administered during the first session. The skill test includes: a) Starting in the water, swim 20 yds, retrieve a brick, and swim back to the start, exiting the pool at side (not ladder) in under 1 minute 40 seconds; b) complete up to a 550 yd swim: front crawl and breast stroke, sidestroke, elementary backstroke; c) tread water without using hands/arms for 2 minutes; d) complete a 20 yard underwater swim with ring retrieval. If any participant fails the skill assessment, a full refund will be issued. Dates/times are subject to change based on program needs and space availability.

American Red Cross CPR for Professional Rescuer/AED Challenge

Resident Fee: \$88
Non-resident Fee: \$138

Participant should bring his/her current textbook

This one day session is for individuals with any current American Heart Association, Health Care Provider or American Red Cross CPR for the Professional Rescuer certification who needs to renew an expiring certification. If there are new materials for testing participants will get an update but they must pass all written exams, and skill tests for recertification. **This class is NOT for individuals with EXPIRED credentials.** Class length varies with class size.

Code	Date	Time
AQF-190	Saturday, Sept. 17	1 pm-4 pm
AQF-191	Saturday, Oct. 15	1 pm-4 pm
AQF-192	Saturday, Nov. 19	1 pm-4 pm
AQF-193	Saturday, Dec. 10	1 pm-4 pm
AQW-194	Saturday, Jan. 21	1 pm-4 pm
AQW-195	Saturday, Feb. 4	1 pm-4 pm
AQW-196	Saturday, March 10	1 pm-4 pm

American Red Cross Lifeguard Training Challenge

Resident Fee: \$176
Non-resident Fee: \$226

Class size:
3–6 participants

Participant should bring his/her current textbook

This course is intended for **currently certified lifeguards seeking recertification of ALL of their required skills (water rescues, first aid, and CPRPR/AED).** *If a lifeguard only needs to recertify CPRPR/AED ONLY then register for the class listed above.* In this class, students may learn up-to-date information and skills required for recertification. Participants are expected to read the **newest** Lifeguard Training text prior to class; perform rescue skills in first aid, CPR for the Professional Rescuer, AED and Lifeguard/Waterfront training; pass the written examinations; and the prerequisite skill tests from the Lifeguard/Waterfront Training class (*listed above under the Lifeguard Training course description*). Class length varies based on class size.

Code	Date	Time
AQF-190L	Saturday, Sept. 17	1 pm–7 pm
AQF-191L	Saturday, Oct. 15	1 pm–7 pm
AQF-192L	Saturday, Nov. 19	1 pm–7 pm
AQF-193L	Saturday, Dec. 10	1 pm–7 pm
AQW-194L	Saturday, Jan. 21	1 pm–7 pm
AQW-195L	Saturday, Feb. 4	1 pm–7 pm
AQW-196L	Saturday, March 10	1 pm–7 pm

American Red Cross Health and Safety Courses/PADI Courses

Registration begins upon receipt of catalog

Water Safety Instructor
(10-12 sessions)

Resident Fee: \$445 *
Non-Resident Fee: \$495 *

*Fee includes book and materials

Minimum Class Size: 6

This Course is designed to provide potential swim instructors with the basic knowledge to teach American Red Cross Swimming and Water Safety Courses. Participants can earn certification upon successful completion of this course. The fundamentals of Instructor Training Course is included in this class. Please come prepared to swim daily. A meal break is included each day of class. **Must be 16 years old before the end of this class and must attend all sessions.**

Code	Date	Time
AQF—180	Sundays, Sept. 25—Nov.13 No Class Oct. 9 & 30	1 pm—9 pm
AQW—181	Sundays, January 29— March 18 No class February 19 & 26	1 pm—9 pm

A prerequisite swimming skill test is required for this course (25 yards each of front crawl, back stroke, breast stroke, elementary backstroke, sidestroke, and 15 yards of butterfly), 1 minute stationary back float and 1 minute of treading water. If participant fails the prerequisite test, a full refund for the course will be issued. Dates/times are subject to change based on program needs.

PADI Scuba Diving Snorkeling and Discovering Scuba Courses are offered by Chicago Diving Schools (CDS) and Frogg Pond Dive Shop. The PADI Instructors are Mike Ginter and Jack Donoval. To register for these courses or for more information, please contact the Frogg Pond Dive Shop at 847-432-5055 or classes@chicagodivingschools.com. LFHS does not register students for these classes. Further Scuba certifications and specialties are available.

PADI Scuba Diving Class
(3 pool sessions)

Resident Fee: \$159*
Non Resident Fee: 209 *

*Requires additional purchase of on-line classroom training (\$120), classroom materials,(\$51.20 plus tax). Each student must have their own mask, fins, and snorkel.

From exploring the teeming reefs in the warm waters of the Caribbean to the historic shipwrecks of the Great Lakes, this class puts you well on your way to a lifetime of adventure. Completion of this course meets the requirements for the classroom learning and the pool skills instruction portions of a PADI Open Water certification. After completing this course, you will need to separately schedule the Open Water training portion of the certification, usually completed in one weekend across two days.

Date	Time
Tuesdays, Oct. 4, 11, 18	7:30pm—9:30pm
Tuesdays, Nov. 22, Dec. 6, 13	7:30pm—9:30 pm
Tuesdays, Jan. 10, 17, 24	7:30pm—9:30 pm
Tuesdays, Feb. 7, 21, 28	7:30pm—9:30 pm
Saturdays, March 3, 10, 17	6:30pm—8:30 pm

Requirements: minimum age 10; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. We recommend you do NOT purchase new mask,

PADI Snorkeling
(only 1 pool session)
Resident Fee: \$39*
Non Resident Fee: \$49*

PADI Discovering Scuba
(only 1 pool session)
Resident Fee: \$49*
Non Resident Fee: \$59*

Snorkeling Make the most of your next sun and surf getaway by honing and practicing your snorkeling skills with dive professionals. Skills covered include: selecting snorkel equipment, using and clearing your snorkel, mask equalization, surface dives, and maximizing your dive time with a snorkel.

Discovering Scuba Have you ever had an interest in Scuba Diving and you're looking for an opportunity to give it a try? This class is for you! For your diving experience you will only need to bring your swimming suit and towel, all other equipment will be provided along with a professional team of PADI Instructors and Dive Masters. Dates and times are the same as the above dates for the Snorkeling Class.

Date	Time
Tuesday, Oct. 4	7:30 pm—9:30 pm
Tuesday, Nov. 22	7:30 pm—9:30 pm
Tuesday, Jan. 10	7:30 pm—9:30 pm
Tuesday, Feb. 7	7:30 pm—9:30 pm
Saturday, March 3	6:30 pm—8:30 pm

Requirements for both Snorkeling and Discovering Scuba: minimum age 8; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. Skills instruction only, no certification is issued.

* All materials and equipment provided.

Saturday Swim School—FALL

Registration begins on August 29, 2011

Course Dates: September 17 — November 19, 2011

No classes: September 24, October 29 and November 12

Note: Private lessons are available on a limited basis. Please call 847-582-7323 for more information.

Parent-Child Program (6 months—3 yrs)

Resident Fee: \$104
Non-resident Fee: \$154

This is a water adjustment program. While in the security of a parent's arms, the child will be introduced to the skills of kicking, breath control and submersion, arm and leg movements, and floating on the front and the back. Infants must wear swim diapers. The water temperature is approximately 80—82 degrees; children may wear a tight-fitting t-shirt for warmth.

Code	Time
AQF-1	8:30 am—9:05 am
AQF-2	9:15 am—9:50 am
AQF-3	10:00 am—10:35 am

Pre-School Program (3-5 yrs)

Levels I & II for the younger participant without a parent in the water.

Resident Fee: \$140
Non-resident Fee: \$190

The **Pre-School Program** covers materials in the Learn to Swim program Levels I and II but the skills are geared toward younger participants who are ready to join a swim class without a parent. If your child is new to an organized swim lesson program the American Red Cross requires at least one session in a Parent and Child class before putting a child in the Pre-School program. The child must be willing to take instruction from someone other than a parent or guardian. If a child exhibits separation anxiety in this class, then he/she will be moved back to the Parent-Child Program so that you and the instructor can work with your child in order to prepare him/her for this level.

Code	Time
AQF-5	8:30 am—9:15 am
AQF-6	9:30 am— 10:15 am
AQF-7	10:30 am—11:15 am

Learn to Swim: Level I (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Introduction to Water Skills is the first level of the American Red Cross Learn to Swim Program and the children will be introduced to water entries and exits, breath control, underwater swimming, floating, gliding, kicking and arm movements on the front and back, along with rolling over and changing directions while swimming.

Code	Time
AQF-9	8:30 am—9:15 am
AQF-10	9:30 am—10:15 am
AQF-11	10:30 am—11:15 am

Saturday Swim School—FALL

Registration begins on August 29, 2011

Course Dates: September 17 — November 19

No classes: September 24, October 29 and November 12

Learn to Swim: Level II (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Fundamental Aquatic Skills is for those who have successfully completed Level I. Additional skills developed will include: front and back crawl, finning, treading water, and an introduction to dolphin kick and breaststroke.

Code	Time
AQF-13	8:30 am—9:15 am
AQF-14	9:30 am—10:15 am
AQF-15	10:30 am—11:15 am

Learn to Swim: Level III (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Development is for students who have successfully completed Level II. Students will focus on improving front and back crawl, treading water and jumping in and diving from the side of the pool, the scissor kick, dolphin kick and whip kick along with the elementary backstroke will be introduced and practiced.

Code	Time
AQF-17	8:30 am—9:15 am
AQF-18	9:30 am—10:15 am
AQF-19	10:30 am—11:15 am

Learn to Swim: Level IV (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Improvement is for those who have completed Level III. Mastery of stroke skills for front and back crawl, breaststroke, butterfly, and elementary backstroke will be taught along with an introduction to sidestroke. Strength and endurance will also be stressed at this level.

Code	Time
AQF-21	8:30 am—9:15 am
AQF-22	10:30 —11:15 am

Learn to Swim: Level V (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Refinement is for those who have completed Level IV. At this level all previously learned strokes are fine tuned. Surface dives, competitive stroke turns and starts, are taught. Continuing to develop endurance is also a primary goal.

Code	Time
AQF-23	9:30 am—10:15 am

Saturday Swim School—WINTER

Registration begins on December 12, 2011

Course Dates: January 14 — March 10, 2012

No Classes: February 18 & 25

Note: Private lessons are available on a limited basis. Please call 847-582-7323 for more information.

Parent-Child Program (6 months—3 yrs)

Resident Fee: \$104
Non-resident Fee: \$154

This is a water adjustment program. While in the security of a parent's arms, the child will be introduced to the skills of kicking, breath control and submersion, arm and leg movements, and floating on the front and the back. Infants must wear swim diapers. The water temperature is approximately 80—82 degrees; children may wear a tight-fitting t-shirt for warmth.

Code	Time
AQW-25	8:30 am—9:05 am
AQW-26	9:15 am—9:50 am
AQW-27	10:00 am—10:35 am

Pre-School Program (3-5 yrs)

Levels I & II for the younger participant without a parent in the water.

Resident Fee: \$140
Non-resident Fee: \$190

The **Pre-School Program** covers materials in the Learn to Swim program Levels I and II but the skills are geared toward younger participants who are ready to join a swim class without a parent. If your child is new to an organized swim lesson program the American Red Cross requires at least one session in a Parent and Child class before putting a child in the Pre-School program. The child must be willing to take instruction from someone other than a parent or guardian. If a child exhibits separation anxiety in this class, then he/she will be moved back to the Parent-Child Program so that you and the instructor can work with your child in order to prepare him/her for this level.

Code	Time
AQW-29	8:30 am—9:15 am
AQW-30	9:30 am—10:15 am
AQW-31	10:30 am—11:15 am

Learn to Swim: Level I (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Introduction to Water Skills is the first level of the American Red Cross Learn to Swim Program and the children will be introduced to water entries and exits, breath control, underwater swimming, floating, gliding, kicking and arm movements on the front and back, along with rolling over and changing directions while swimming.

Code	Time
AQW-33	8:30 am—9:15 am
AQW-34	9:30 am—10:15 am
AQW-35	10:30 am—11:15 am

Saturday Swim School—WINTER

Registration begins on December 12, 2011

Course Dates: January 14 —March 10, 2012

No class: February 18 & 25

Learn to Swim: Level II (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Fundamental Aquatic Skills is for those who have successfully completed Level I. Additional skills developed will include: front and back crawl, and finning, treading water, and there will be an introduction to the dolphin kick and breaststroke.

Code	Time
AQW-37	8:30 am—9:15 am
AQW-38	9:30 am—10:15 am
AQW-39	10:30 am—11:15 am

Learn to Swim: Level III (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Development is for students who have successfully completed Level II. Students will focus on improving front and back crawl, treading water, and jumping in and diving from the side of the pool. The scissor kick, dolphin kick and whip kick along with the elementary backstroke will be introduced and practiced.

Code	Time
AQW-41	8:30 am—9:15 am
AQW-42	9:30 am—10:15 am
AQW-43	10:30 am—11:15 am

Learn to Swim: Level IV (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Improvement is for those who have completed Level III. Mastery of stroke skills for front and back crawl, breaststroke, butterfly, and elementary backstroke will be taught along with an introduction to sidestroke. Strength and endurance will also be stressed at this level.

Code	Time
AQW-45	8:30 am—9:15 am
AQW-46	10:30 am—11:15 am

Learn to Swim: Level V (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Refinement is for those who have completed Level IV. At this level all previously learned strokes are fine tuned. Surface dives, competitive stroke turns and starts, are taught. Continuing to develop endurance is also a primary goal.

Code	Time
AQW-47	9:30 am—10:15 am

Competitive Swim Team for All
Ages



Become a Part of the Scout
Swimming
Tradition!

For more information on our
program...

Visit...
www.swimsct.org

Or call...
847-582-7339

New Swimmer Registration/Placement will be Tuesday Sept. 6th from 6:30-7:30 pm. in LFHS pool!

Scout Aquatics, a chartered USA Swimming club sponsored by Lake Forest Community Education, currently has more than 200 swimmers aged 6-18 participating in the program ranging in ability from novice to National Top 16 honorees. Come out and join your friends from Lake Forest, Lake Bluff and Knollwood in one of the fastest growing, most successful swim programs in Illinois. Practices will primarily take place at the Lake Forest High School Pool during the Fall and Winter Short Course season. Check us out at www.swimsct.org too! (Prices include the \$60 USA swimming registration fee.)

Little Scouts

Short Course Season– September 8-February 23
Program Fee - \$555

**Practices are Tuesday and Thursday from 5:45-6:45
and Saturday 11:30-12:30.

Little Scouts is geared to the beginning competitive swimmer. **Participants must be able to complete 20 yards of continuous freestyle to join this group.** The program will teach and refine the fundamentals of the four competitive strokes and basic racing starts and turns. At all times, coaches will emphasize the importance of having fun in the sport and team environment. We will provide a positive and supportive environment for all swimmers to encourage a love for the sport of swimming.

Junior Scouts Blue and Junior Scouts Gold

Short Course Season – September 7–February 24
Program Fee - \$830

**Practices are Monday, Wednesday and Friday from
5:45-7:00 pm and Saturday 12:30-1:30.

Junior Scouts will continue to emphasize stroke technique in the four competitive strokes and of starts and turns. We encourage (but do not require) swimmers to attend 3 to 4 times per week. We will emphasize the benefits of teamwork and enthusiasm on successful performance. Swimmers will compete in local USA Swimming sanctioned competitions and dual meets with other local teams to measure improvement and to begin building experience as a competitive swimmer. Blue and Gold placement is determined by the swimmers age, ability and experience.

Junior Scouts Plus

Short Course Season - September 7–February 24
Program Fee - \$1050

**Practices are Monday-Friday from 6:30-8:15 pm and
Saturday 1:30-3:15.

This group is geared to the age group swimmer with a higher level of commitment and experience. The program will reinforce the fundamentals of the strokes while preparing the swimmers for state level competition. The expectation is that swimmers in this group will make attendance of practices and meets a priority during the season. Swimmers will compete in USA Swimming sanctioned competitions to measure improvement and to begin building experience as a competitive swimmer.

Senior Scout

Short Course Season - September 7–February 24
Program Fee - \$1050

**Practices are Monday-Friday from 6:30-8:15 pm and
Saturday 12:00-2:00 pm.

This program is designed for the less experienced teenage swimmer. Practices will focus on proper technique as well as developing good training habits and training base. Practices will be offered once a day six days a week and a commitment of 4-5 practices per week is optimal. All participants must pay (or have paid) an annual USA Swimming registration fee of \$60. Entry fees will also apply for competitions.

Senior Scout Gold

Short Course Season - September 7–February 24
Program Fee - \$1160

**Practices are Monday-Friday from 5:45-8:15 pm, T&TH
mornings from 6:00-7:15 am and Saturday 12:00-2:00 pm.

Senior Scouts Gold will prepare swimmers for competition from high school to the highest level. Will emphasize utilization of great technique in racing to achieve maximum performance. Training program will emphasize building a strong aerobic base and increase anaerobic tolerance to achieve improved performance. Program will include dryland and strength training. Goal is to help each individual reach his or her potential. All participants must pay (or have paid) an annual USA Swimming registration fee of \$60. Will compete in USA Swimming sanctioned competitions (6-8 meets) to measure improvement. Entry fees will also apply for swimming competitions.

Senior Scouts - High School

Short Course Season - September 7–February 24
Program Fee – (G)\$720 (B)\$600

High School girls - November 21-February 24
High School boys - Sept. 7-Nov. 19

Senior Scouts - High School will prepare swimmers for competition from high school to the highest level. We will emphasize utilization of great technique in racing to achieve maximum performance. The training program will include dry land strength training as well as water training in order to build a strong aerobic base and increased anaerobic tolerance to achieve improved performance. These swimmers will compete in 6-8 meets including championship meets in March.

**Practice schedule may be changed based on registration

**COMMUNITY EDUCATION SWIM PROGRAM
REGISTRATION FORM**

Senior Citizen _____

Mail or Deliver payment by check to:
CESP/Attn. Linda Koepke
LFHS
1285 N. McKinley Road
Lake Forest, IL 60045

Checks made payable to LFHS
Cash payments accepted at Athletic or Swim Office
Credit card payment On-line at www.lfhs.org

E-Mail Address: _____

Course Code: _____ Course Title: _____ Fee: _____

Participant's Name: _____

Address: _____

City, State, Zip: _____

Phone (daytime): _____ (evening) _____

In case of emergency contact (Name & Phone #): _____

Age: _____ (youth aquatics only)

How did you hear about our program? _____

<i>Office Use Only</i>
Date _____
Amt _____
Check # _____
Cash _____
Initial _____

Sign and Date below after reading the Waiver.

Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and participating in this program or by registering your minor child/ward for participation in this program, you will be waiving your rights and/or the rights of your minor child/ward to all claims for injuries you or your minor child/ward might sustain arising out of this program and you will be required to indemnify, hold harmless, and defend the Lake Forest High School for any claims arising out of participation in said program(s).

Risk of Injury - "As a participant in the program, or as a parent or legal guardian of a participant under 18 years of age, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of injuries, including death, damages, or loss which I or my minor child/ward may sustain as a result of participating in any and all activities associated with this program."

Waiver of Injury Claims - "I agree to waive and relinquish any and all claims I or my minor child/ward may have arising out of, connected with, or in any way associated with the activities of the program."

Release from Liability - "I do hereby fully release and discharge the Lake Forest High School and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may occur on account of participation in the program."

Indemnity and Defense - "I further agree to indemnify, hold harmless and defend the Lake Forest High School and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program." In the event of any emergency, I authorize the Lake Forest High School to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand and agree to the above Participants Liability Waiver and Hold Harmless Agreement.

Signature of Parent/Guardian or Adult Participant

Date